THE OVEN

"A BAKERY & DELI"

PHONE:970-0995

WE CATER

ALL MEATS SOLD BY THE POUND

FAX ORDER:970-2313

HOURS:MON-SAT 8:00am-8:00pm

3152 Cahaba Heights Plaza

SANDWICHES

WE SUGGEST THESE COMBINATIONS, IF THEY DO NOT SUIT YOU JUST CHANGE ANYTHING YOU WANT.

3 CHEESES ON SOURDOUGH ____ *$4.69*
(A Blend of Cheddar, Colby & American)

DELI CHICKEN BREAST ON WHOLE WHEAT *$5.19*
(Chicken piled high w/Lettuce, Tomatoes & our Fresh Made Mayo)
1/2 Sandwich is Available ____ *$3.19*

GREEK CHICKEN ON ATHENIAN ROLL ____ *$5.29*
(Chicken Tenders coated w/Special Seasonings with wilted Spinach & Roasted Tomatoes)

CHICKEN SPANAKOPITA ON TOMATO FOCCACIA BREAD ____ *$5.79*
(Chicken Breast stuffed w/Spinach & Feta)

CAHABA CLUB ON WHITE PAN BREAD ____ *$5.79*
(A double decker w/Turkey & Chicken, Bacon topped w/American & Swiss cheese)

JAMAICAN CHICKEN ON SWEET BREAD __ *$5.49*
(Chicken Breast coated w/Island spices, topped w/Grilled Pineapple)

HONEY BAKED HAM & SWISS ON RYE ____ *$5.39*
(Ham piled high w/Lettuce, Tomatoes & our Fresh Made Mayo)
1/2 Sandwich is Available ____ *$3.39*

***SMOKED TURKEY ON WHITE PAN BREAD** *$5.49*
(Turkey piled high w/Lettuce, Tomatoes & our Fresh Made Mayo)
1/2 Sandwich is Available ____ *$3.49*

ROAST BEEF ON FRENCH BREAD ____ *$5.69*
(Tender Beef w/Grilled Onions & Au Jus on the side)
1/2 Sandwich is Available ____ *$3.89*

GRILLED SALMON ON ONION ROLL ____ *$6.59*
(Salmon lightly seasoned, w/Lettuce, Tomatoes and our Special Tartar Sauce)

HONEY BBQ CHICKEN ON CHALLAH ____ *$5.59*
(Deli BBQ Chicken piled high w/Lettuce & Cranberry Cream Cheese)
1/2 Sandwich Available ____ *$3.69*

CAJUN HAM ON FRENCH BAGUETTE ____ *$5.59*
(Spiced Ham w/Provolone Cheese, Lettuce, Tomatoes, Red Onion and Sweet Red Peppers)
1/2 Sandwich Available ____ *$3.49*

RUSSIAN SANDWICH ON RYE ____ *$5.89*
(Ham, Chicken, Bacon, Swiss Cheese, Cucumbers, Tomatoes, Lettuce, boiled Eggs topped with our own Thousand Island Dressing)

B.L.T. ON TOASTED WHITE PAN BREAD ___ *$5.19*
(A Double Decker w/8 Strips of Sugar Cured Bacon, Lettuce, Tomatoes, and Tomato Mayo
1/2 Sandwich is Available ____ *$3.19*

CLASSIC REUBEN ON PUMPERNICKEL ___ *$7.99*
(Corned Beef shaved with Dijon Mustard, Fresh Sauerkraut, Swiss Cheese and our own Russian Dressing)
1/2 Sandwich is Available ____ *$4.99*

***PEPPERED TURKEY ON ONION ROLL** ____ *$5.89*
(Lightly Spiced Peppered Turkey with Monterey Jack Cheese, Lettuce, Tomato, and our own Mayo)

All Sandwiches come with your choice of salad and a dill pickle spear.
A $1.00 charge will be added for splitting of sandwich.

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RON'S BLT/SALMON SANDWICH ON TOASTED WHITE PAN BREAD _____ $8.49
(With Lettuce, Tomatoes, and our own Mayo)

*HENRY'S GOURMET LITE TURKEY ON WHITE PAN BREAD _____ $5.49
(Turkey piled high w/Lettuce, Tomatoes, Cucumbers and our own Mayo)
1/2 Sandwich is Available _____ $3.49

*A STAR BY THE SANDWICH INDICATES THE DELI MEAT IS 98% FAT FREE

SINGLE SERVING OF SALAD

CREAMY COLE SLAW _____ $1.49
SPICY CHICK PEA SALAD _____ $1.49
POTATO SALAD _____ $1.49
PASTA ROTINI _____ $2.49
GREEK MEDITERRANEAN SALAD _____ $2.95
All salads are served with choice of Bread.

DELI SALAD PLATES

CHICKEN ARTICHOKE SALAD _____ $5.95
(with your choice of a vegetable salad)
LINDA'S GRILLED CHICKEN W/GREEK MEDITERRANEAN SALAD _____ $5.95

BEVERAGES

	SM	MED	LG
COKE CLASSIC	.85	1.25	1.50
SPRITE	.85	1.25	1.50
MELLOW YELLO	.85	1.25	1.50
DIET COKE	.85	1.25	1.50
CAFFEINE FREE DIET COKE	.85	1.25	1.50

TEA _____ 1.00
PEACH TEA _____ 1.50

FROM THE CAFE BARISTA

ITALIAN CREAM SODA _____ $1.95
THE CAHABA COOLER _____ $2.75
ICED CAPPUCCINO CREAM SODA _____ $3.75

HOUSE COFFEE	1.10	1.30	1.50
GOURMET COFFEE OF THE DAY	1.20	1.50	1.70

COFFEE FROM ESPRESSO MACHINE

ESPRESSO _____ $1.25
AMERICANO _____ $1.25
LATTE _____ $2.00
LATTE(one flavor) _____ $2.50
LATTE(two flavors) _____ $3.00

CAPPUCCINO _____ $2.50
CAPPUCCINO(one flavor) _____ $3.00
CAPPUCCINO(two flavors) _____ $3.50